

2

T H E  
COMMUNICANT  
Instructed,  
How to E X A M I N E Himself  
in some Necessary  
I N T E R R O G A T I V E S,  
For Worthy Receiving  
of the  
L O R D S   S U P P E R.

---

*Multa scienda nesciuntur; aut  
sciendi incuria, aut discendi  
verecundia, aut inquirendi  
desidia.*

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London, Printed, and are to be sold by  
R. Pawlett at the Bible in Chancery-  
lane, and Edward Pawlett Book-  
seller in Grantham. 1668.

# TRACIMONT

CHAPITRE I

DE LA VILLE

DE TRACIMONT

ET DE SES ENVIRONS

PAR M. DE LA

TOURNAI

ET DE SES ENVIRONS

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ET DE SES ENVIRONS

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ET DE SES ENVIRONS



To my Beloved Pari-  
shioners, the Inhabi-  
tants of the Town  
of *Barkston*, near  
*Grantham* in *Lincoln-*  
*shire*.

**T**He grand im-  
portance of that  
*All-concerning Duty*  
of *Self-examination*  
is fairly pleadable  
A 2 upon

The Epistle  
upon these three Ar-  
guments.

First, *The Apo-  
stolical Canon ( Let  
a man examine him-  
self, &c. )*

Secondly, *The  
great Benefit of Self-  
knowledge.*

Thirdly, *The  
damning mischief of  
Self-ignorance.*

Nor



Dedictory.

Nor could I ever  
yet be convinced, that  
any adult Person,  
can Live, or Dye,  
with true peace, or  
solid comfort, that  
doth not know, what  
is his standing Condi-  
tion towards God;  
whether he be in a  
state of Nature, or  
Grace; in Christ, in  
Co-

The Epistle.

Covenant, or not.

Hereby a Man is  
priviledged above a  
Beast, that he is able  
to reflect upon, and  
and judge of, his  
Thoughts, Words,  
Actions, Condition,  
whether Good, or  
Evil: And to neg-  
lect this, is to be be-  
low Men, and argues  
hor-

## Dedicatory.

*horrible Stupidity, as  
if insensible of ap-  
proaching Death and  
Judgement.*

*But when I con-  
sidered, how previ-  
ously Necessary this  
Self-reflection is, to  
the due and accepta-  
ble Participation of  
that too much prosti-  
tuted, and too often.*

B. pro-

The Epistle  
profaned - Ordinance  
of the Lords Sup-  
per ; by the rash In-  
trusions , and despe-  
rate Adventures of  
Ignorant, Scandalous  
and Unregenerate  
Persons ; and the  
great want of suffici-  
ent means (at least in  
my own Congregati-  
on ) to obviate these  
Evils ;

## Dedictory:

*Evils; I therefore  
thought good to re-  
commend unto You  
(my beloved Flock)  
This Epitomized  
Transcript, Collected  
out of a Book of the  
same Subject, Pub-  
lish'd by Mr. Francis  
Roberts, a pious,  
judicious, and grave  
Divine.*

*Which*

The Epistle

Which I here present (not chiefly to the wealthier sort of you, who have money to buy, and sufficient leasure to read the larger Treatise; but) to the poor Household-ers (that have scarce money enough to buy bread) and Servants that want such Vacations

## Dedictory.

tions as some others  
have, wherein to re-  
ceive more ample sa-  
tisfaction in these  
Soul-concerns.

I confess, when I  
first press'd these  
Grapes, I designed  
the Liquor for my  
own private Family;  
but was afterwards  
perswaded to broach,  
and

## The Epistle

and publish it, to refresh the bowels of my poor Neighbours, that they might be made rich in spiritual understanding : Eat then, O Friends, and Drink abundantly, O Beloved.

My Heart's Desire is, that ye may be so Prepared before each



## Dedictory.

each Supper of the  
Lord, that the great  
Master of the Feast  
may judge you wor-  
thy, and bid you wel-  
come: And that ye  
may not (at the last  
and great Day) be  
found guilty of the  
Body and Blood of  
the Lord, but clothed  
with his righteous-  
ness,

The Epistle  
ness, and at length ad-  
mitted *Tablers* with  
Abraham, Isaac,  
and Jacob, and the  
rest of that *Royal So-*  
*ciety* in the *New Je-*  
*rusalem* (your *Fa-*  
*thers Kingdome*;) *where*  
*you may expect*  
*to drink your fill, of a*  
*fresh broach, more*  
*rich and pleasant,*  
*than*

Dedictory.

than the blood of the  
Grape, and that Je-  
sus (in person) Marth.  
26. 29.  
will bear you  
company.

I shall conclude  
with this Necessary  
Advice: When you  
read this Book (and  
I hope you will often,  
especially before you  
approach the Lords  
C 2 Table)

The Epistle

**T**able) let me in-  
treat you ( as ever  
you would enjoy the  
blessing and comfort  
of wortby; and avoid  
the guilt of the Lords  
Blood, and danger of  
unwortby receiving)  
to sequester and sepa-  
rate your selves, even  
your Thoughts, from  
the Employments, yea  
Things

## Dedictory.

*Things of the World;  
(that when you are  
most alone, you may  
best commune with  
your own hearts,  
(which is the Design  
of this Book)*

*And to set your  
selves, as in the  
presence of the All-  
seeing, Heart-  
searching, All-know-  
ing*

The Epistle.

ing God; and then  
let your Hearts and  
Consciences answer  
unfeignedly to these  
following Queries;  
and know assuredly,  
that as you stand, or  
fall, before the Tri-  
bunal of your own  
Consciences, & Gods  
Word, in these In-  
quiries, in this  
World;

## Dedicatory.

*World; you are like  
to stand, or fall, be-  
fore Gods Judge-  
ment Seat here-  
after.*

*And that God  
would guide you, to  
bring in an impartial  
Verdict, and to make  
a true Return of  
your selves unto your  
selves, that you may*  
**D** *not*

The Epistle, &c.  
*not be deceived to  
all Eternity, is the  
Prayer of,*

An Unworthy Ser-  
vant of Christs,  
and of your  
Souls,

**THO. TROTT.**

**CHAP.**





## CHAP. I.

*Of Inquiries to be made,  
concerning the Right,  
that each one hath to  
the Lords Supper.*

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**H**Ave I only  
an *Outward*  
*Right*, by a visible  
formal Profession?  
Have

2 *The Communicant*

Have I not also  
an *Inward Right*, by  
an actual Interest in  
the Covenant of  
Grace? (*viz*)

1. Have I been  
taught to *know the*  
*Lord*, his mind and  
will; and that so *ef-*  
*fectually*, as that I  
am brought to  
Christ to believe on  
him? 2. Is

*Instructed, &c.* 3

2. Is the Law  
and Covenant of  
God *written in my*  
*Heart? (i.e.)*

Are my *Heart*  
and *Inward Parts*  
*conformable* to the  
Law of God?

Is there a *New-*  
*ness* in my Heart  
and Spirit; New  
*Qualities*; Mind,  
Me-

4 *The Communicant*  
Memory, Conscience, Will, Affections, Grief for Sinne, Desires of Grace, Love of God, of Christ, of his Members, Joy; are *all new*? Is the whole man a *new creature*?

Is there a *spiritual softness and tenderness*

*Instructed, &c.* 5

*derness in my Heart?*

*Is it quickly wound-  
ed? Doth it easily  
melt for sin?*

*Is my Heart obe-  
dient to Gods will  
with delight?*

*Are there all or  
any of these Signs  
in me of Gods  
Law written in my  
Heart?*

E 3 Have

6 *The Communicant*

3. Have I a *Covenant-Relation* unto, a *Covenant-Interest* in God, and God in me ? (*i. e.*)

Am I wholly given up to God ; my *Tongue* to praise him, my *Hands* to do his will, my *Feet* to walk in his paths, my *Mind* to know him,

*Instructed, &c.* 7

him, my *Will* to obey him, my *Memory* to retain him, my *Heart* to desire and love him; are they all his?

4. Are my *Iniquities* forgiven and forgotten of God?  
(i. e.)

Have I sincerely confessed, bewailed,

E. 2. and

8 *The Communicant*  
and *forsaken* my  
Sins?

Is my Heart  
*calmed and quieted*  
through Faith in  
Christ, so that I am  
thereby *at peace*  
*with God?*

Is my Heart *in-*  
*flamed* with the  
*Love of Christ,*  
(through whom  
my



*Instructed, &c.* 9

my sins are pardoned?)

Am I earnest with God for *assurance of pardon, purity of heart, stablishment in the wayes of grace, for the time to come?*

Is my Spirit, and *all* within me, singularly enlarged to  
*bless*

10 *The Communicant*  
*bless God for par-*  
*don?*

5. *Is the Fear of*  
*God so implanted*  
*in my Heart, as*  
*that I depart not*  
*from him?*

*Have I all or any*  
*of these Evidences*  
*of my actual Interest*  
*in the Covenant of*  
*Grace, and (con-*  
*fe-*

*Instructed, &c.* 11

frequently ) of my  
*Inward Right* to the  
Lords Supper?

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**F**      **C H A P.**

---

12 *The Communicant*



CHAP. II.

*Of Inquiries to be made,  
touching the Need  
each one hath of the  
Lords Supper.*

---

**H**Ave I not  
great Need of-  
ten to nourish,  
strengthen , and  
com-

*Instructed, &c.* 13

comfort my *Inward* man, with all the *Graces*, and *Spiritual abilities* thereof?

Have I not great *Need* to have the *Pardon* of my *Sins* often testified to me, and my apprehension and assurance thereof confirmed?

Have

14 *The Communicant*

Have I not Need  
to have the fresh  
*Memory of Christ,*  
*and of his Death for*  
*Sinners,* perpetu-  
ated to me?

Have I not great  
Need to maintain  
spiritual Communion  
with *Jesus Christ,*  
*and him crucified?*

Have I not great  
Need

*Instructed, &c.* 15

*Need to confirm  
and increase spiritu-  
al Union and Com-  
munion with the  
Saints and Mem-  
bers of Jesus Christ?*

---

CHAP.

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1:6 *The Communicant*



CHAP. III

*Of Inquiries to be made,  
touching each ones  
present Fitness for  
the Lord's Supper, in  
point of Knowledge.*

---

**H**Ave I a com-  
petent Know-  
ledge.    1. *Of God?*  
That he *Is*; is *One*;  
Sub.



*Instructed, &c.* 17

Subsisting in *Three*  
*distinct Persons*, a  
most pure invisible  
*Spirit*, all-sufficient,  
immutable, infinite;  
as the living, most  
wise God; of most  
perfect Will; most  
true, good, just,  
holy, powerfull,  
perfect, excellent,  
blessed, glorious?  
2. Do

2. *Do I Know my Self, what I was, Before the Fall, viz. Innocent, upright, bearing Gods image in Knowledge, Righteousness, and Holiness, in a Covenant-State, having Freedom of Will to perform the Conditions*

ditions of the Co-  
venant; and having  
Communion with  
God? And what  
*I am Since the Fall,*  
as not only having  
*lost* all this Happi-  
ness; but in being  
under the *Guilt* of  
*Adam's first Sinne,*  
*drowned in Original*  
*corruption,* prone to

20 *The Communicant*

all *Actual Sin*, lyable to all the *Miseries*, both in *this Life*, and *that in the World to come*: And what I should and may be (in *Christ*;) That I should be penitent, self-denying, believing, obedient, sober, righteous, godly in all man-

manner of conversation, in all good conscience, with all circumspection and perseverance: That *I may be* Adopted, Justified, Sanctified; admitted to Communion with God; possess all the Promises of the Life that *now is*, and that which

22 *The Communicant*

which is to come;  
have all things  
*mine*, and co-work-  
ing together for  
my good?

Do I Know Je-  
sus Christ; as the  
only true Mediator,  
God-man; taking  
upon him the *Office*  
of a Mediator be-  
twixt God and  
man,

man, in order to the  
Salvation of his  
Elect: And as ex-  
ecuting the Office  
of a *Propbet*, to re-  
veal unto them, by  
his Word and Spi-  
rit, the will of God  
for their Salvation:  
And of a *Priest*, in  
offering up of Him-  
self a *Sacrifice* to  
H Di-

Divine Justice, to  
Reconcile them to  
God; and in ma-  
king continual In-  
tercession for them:  
And of a *King*, by  
calling them effect:  
ually, governing  
them visibly and  
invisibly, recom-  
pencing their *obedi-*  
*ence* with gracious  
re-



rewards, and their failings with fatherly chastisements; supporting them under all their Tryals, Afflictions, Persecutions; over-powering and ordering all (even the worst, and most unlikely) Occurents, for his own glory, and his peoples

26 *The Communicant*  
ples good; *restrain-*  
*ing, subduing all his*  
*and their enemies;*  
*judging, and justly*  
*rewarding a'l men*  
*and Angels at the*  
*great Day. As an*  
*absolutely a'l-suffici-*  
*ent Mediator; yet*  
*saving none, but*  
*those to whom he is*  
*actually applyed: As*  
the

*Instructed, &c.* 27

*the Substance of all  
the Sacraments, both  
of the Old and  
New Testament.*

*DO I Know the  
New Covenant, as a  
Covenant of Recon-  
ciliation between  
God and me a sinner,  
upon terms of  
Faith, and New  
obedience: As made  
with*

28 *The Communicant*  
with a *Mediator*  
*Jesus Christ*, to per-  
form as a *Surety*, in  
the stead of all the  
*Elect*, for their Sal-  
vation: As the *same*  
(*in substance*) *with*  
*the Old Covenant*  
under the Law,  
(*viz.*) from the  
*first Promise of the*  
*seed of the Woman*,  
till

till Christs Incarnation: As differing from it only in *Circumstances*, and *manner of administration*; being more *clear*, (without **T**ypes and **S**hadows) spiritual, perfect, pleasant, unlimited, extending both to *Jews*  
I and

30 *The Communicant*  
and *Gentiles* : As  
giving assurance (to  
them (and none else)  
that embrace it ) of  
all Covenant bles-  
sings and privi-  
ledges ?

Do I Know the  
*Lords Supper* , as  
part of Gods *Instituted*  
*Worship* ? As  
a *Token*, *Pledge*, or  
Seal

Seal of the Covenant of Grace: As Representing Jesus Christ, and him Crucified: As having two Parts, (*viz.*) the Outward Signs, Bread and Wine, with the Actions thereunto belonging: The Inward Mysteries,  
12. fig.

32 *The Communicant*  
signified by those  
signes, and Sacra-  
mental actions; the  
*nourishing, cleansing,*  
*enriching* of my Soul  
by the Death of  
Christ?

Have I a com-  
petent *Knowledge*  
*of the Sacramental*  
*Union* betwixt the  
Signs and things  
fig.



*Instructed, &c.* 33

*signified, founded in  
Christs Institution;  
so that if I truly re-  
ceive the Sign (ac-  
cording to Christs  
Institution) I re-  
ceive also the thing  
signified?*

*Have I a com-  
petent Knowledge  
of the Ends of the  
Lords Supper, (viz )  
To*

To be a Memorial  
of Christs Death,  
for my spiritu-  
all nourishment,  
strength, growth  
in Grace; to con-  
firm and apply to me  
the New Testa-  
ment, (*i.e.*) all the  
Promises, comforts,  
benefits, priviledges  
thereof; to seal a  
Par-

Pardon to me; to  
ratifie and increase  
my Communion with  
Jesus Christ; and to  
testifie my Love  
to, and Communion  
with the Saints?

Is this Know-  
ledge sanctified to  
me? Is it an Expe-  
rimental, Heart-  
humbling, communi-  
K           cative,

36 *The Communicant*  
*cative*, (for others  
edification) grow-  
ing, affectionate, spi-  
ritualized, pure,  
obediential Know-  
ledge?

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C H A P.

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CHAP. IV.

*Of Inquiries to be made,  
touching present Fit-  
ness (for the Lords  
Supper) in point of  
Faith.*

---

**H**Ave I Faith,  
to qualifie a-  
right my Person &  
Actions; whereby  
to

38 *The Communicant*  
to *discern* the Lords  
Body, and other  
Sacramental My-  
steries in the Lords  
Supper; and to  
*apply* Sacramental  
Mysteries discern'd,  
(v.g.) *Christ*, and all  
*his Benefits*; and to  
enable me to walk  
becoming my Re-  
lation and Engage-  
ment? Is

*Instructed, &c.* 39

Is it not a *meer*  
*Historicall* Faith  
which I have; an  
*assent* unto the  
Scripture as *true*?

Is it not an  
*Imaginary* Faith,  
without *Scripture-*  
*ground*?

Is it a *true*, *sa-*  
*ving*, *justifying*  
Faith; not only  
*know-*

38 *The Communicant*

to *discern* the Lords  
Body, and other  
Sacramental My-  
steries in the Lords  
Supper; and to  
*apply* Sacramental  
Mysteries discern'd,  
(*v.g.*) *Christ*, and *all*  
*his Benefits*; and to  
enable me to walk  
becoming my Re-  
lation and Engage-  
ment? Is



*Instructed, &c.* 39

Is it not a *meer*  
*Historicall* Faith  
which I have; an  
*assent* unto the  
Scripture as *true*?

Is it not an  
*Imaginary* Faith,  
without *Scripture-*  
*ground*?

Is it a *true*, *sa-*  
*ving*, *justifying*  
Faith; not only  
*know-*

40 *The Communicant*  
*knowing, and assent-*  
*ing to the truth of*  
*Scripture concern-*  
*ing Christ; but ac-*  
*cepting him upon his*  
*own terms (of self-*  
*denyall, bearing the*  
*Cross, and following*  
*him) for Salvation?*

Doth it soften  
and melt my Heart,  
in presenting Christ

*cru-*

*crucified for me?*

Doth it *purifie*  
*my Heart*, (not my  
Actions and Affe-  
ctions only?)

Doth it make  
me *sincerely obedi-*  
*ent*, and *fruitfull* in  
good works?

Doth it *loosen*  
and *unglue* my  
Heart from the  
L World,

World, and all  
earthly felicities?

Is it a *quickning*  
& *enlivening* Grace  
in me?

Is it attended  
with a *sense* of my  
own *infirmities*; of-  
ten *doubtings*; with  
a Spirit of *Prayer*,  
and with *Divine*  
*Peace*?

*Instructed, &c.* 43

Is it *puissant*, and  
*victorious* over spiri-  
tual enemies? Doth  
it conquer the  
*smiles* and *frowns* of  
the World, the  
Flesh, and the De-  
vil?

Doth it *uphold*  
*me from fainting*,  
under the heaviest  
pressures, and extre-

L 2      *mities*

44 *The Communicant*  
*mities of trouble ?*

*Is it daily grow-*  
*ing, and constantly*  
*persevering?*

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C H A P.

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CHAP. V.

*Of Inquiries to be made,  
touching present Fit-  
ness (for the Lords  
Supper) in point of  
Repentance.*

---

**H**Ave I Repen-  
tance, where-  
by the *leaven of sin*  
may be purged out,  
before

46 *The Communicant*  
before I keep the  
Feast of the Chri-  
stian Passover? *i e.*

Am I convinced;  
having a thorow  
*sight*, and true *sense*  
of sin, the *sinfull*,  
*odious*, *mischievous*,  
and *dangerous* Na-  
ture of it?

Am I *contrite*  
and *sorrowful*? Is  
my



my Heart broken,  
prick'd, and rent  
with grief?

Is my Heart  
changed, from the  
state and power  
of Sin, to be un-  
der the power of  
God, in a state of  
Grace?

Is my Life chan-  
ged, from the acts of  
M Sin,

48 *The Communicant*

Sin, and brought  
under the *Rule* of  
Gods Word?

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CHAP.

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CHAP. VI.

*Of Inquiries to be made,  
touching present Fit-  
ness ( for the Lords  
Supper ) in point of  
New Obedience.*

---

**C**AN I approve  
my Heart to  
God in point of  
*New-obedience, and*  
con-

50 *The Communicant*  
conformity to his  
holy Will? (*i e.*)

Is my Obedience  
*conscientious*? Doth  
it arise from a *con-*  
*scientious respect* to  
Gods Commands?

Is my Obedience  
*cordial, affectionate,*  
flowing from the  
inward frame of the  
Soul? Is my Heart  
*wil-*

*Instructed, &c.* 51

*willing and forward  
to all duties? Is it  
cheerful, hearty? Am  
I grieved at my own  
and other mens dis-  
obedience?*

*Doth my Obedi-  
ence transform and  
change me, from Sin  
to Holiness?*

*Is my Obedience  
fixed and resolved,  
break-*

52 *The Communicant*  
*breaking through all*  
*opposing difficul-*  
*ties, impediments,*  
*discouragements?*

*Is it compleat,*  
*both with the whole*  
*Heart, and respect-*  
*ing all the Com-*  
*mandments?*

*Is it growing and*  
*lasting, increasing*  
*and persevering?*

C H A P.



CHAP. VII.

*Of Inquiries to be made,  
touching present Fit-  
ness ( for the Lords  
Supper ) in point of  
Love.*

---

**H**Ave I Love  
to Christ?

Doth it *arise* from  
the consideration of  
N the

54 *The Communicant*  
the *amiableness* and  
*loveliness* that is in  
Christ, and *my be-*  
*lieving apprehensions*  
of it, and *my ac-*  
*quaintance with,* and  
*experience of him?*

Have I a *bene-*  
*volent affection,* or  
*good-will* to Christ;  
high and precious  
thoughts of him?  
Do



Do I bear great good-will to his *Glory, Truth, Cause, Ordinances, Church, &c.* to have them advanced?

Have I a fervent *desire and longing* after Christ; to be *united* to him, and to enjoy more full *communion* with him. N 2 Have

56 *The Communicant*

Have I a contented complacency, and satisfied delight, in the enjoyment of him?

Is it obediential Love? John 14. 15.

Is it transcendent, surpassing all other Love, (even to nearest Relations, yea, my own Life)

so

so that I can be content to *part with all*, rather than *him*?

Do I *breatb* after more *assurance* and *evidence* of Christs Love to my Soul?

Do I accept *his Rebukes*, as proceeding from Love and good-will?

Is my Love *sincere*,

58 *The Communicant*

*cere*, without Hypocrisie; not in word and complement, but in deed and truth?

Is my Love constant, not apt to be quenched with the floods of Persecutions?

Have I Love to *Christians* (without which, all other gifts and

and duties, are nothing worth? )

Doth it *arise* from my Love to God; because they are Children of *such* a Father?

Is it *pure*, flowing from a *pure Heart*?

Is it *spiritual*, not for *carnall ends* and *respects*, (*viz.*) greatness,

60 *The Communicant*  
ness, wealth, beauty, wisdom, learning, friendliness, kindred, &c. but as *Gods Children*, having his *Image*; as *Brethren* in Christ; as *Fellow-members*, with member-like *caring* for one another; mutual *sympathy* and *compassion*  
to

*Instructed, &c.* 61

to one another?

Is it *universal*, to  
*all Christians*; poor,  
as well as *rich*?

Is it *sincere*, with-  
out dissimulation;  
*real*, not *verbal* and  
*complemental*; in-  
tending *their* good,  
as well as *my own*?

Am I *Kindly af-*  
*fectioned* to them;  
*cour-*

62 *The Communicant*

*courteous and grate-  
full in my carriage;  
compassionate to-  
wards them; bear-  
ing their burdens?*

*Do I esteem best of  
their company, de-  
lighting in it?*

*Is my Love to  
them fervent?  
Have I a dispositi-  
on to part with, not  
only*



*Instructed, &c.* 64

only *my Goods* to  
*them*, but even *my*  
*Life for them*, (up-  
on a just call?)

*Is it constant?*

---

C H A P.

---

63 *The Communicant*



CHAP. VIII.

*Of Inquiries to be made,  
touching present Fit-  
ness ( for the Lords  
Supper ) in point of  
Thankfulness.*

---

**A** *MI Thankful  
for Christ his  
Death, Covenant,  
and Supper?*

**Do**

Instructed, &c. 65

Do I acknowledge these benefits,  
whence they come,  
and what they are?

Do I esteem of  
them; of Christ  
(the Matter of the  
Lords Supper) the  
greatness of the Gi-  
ver? Do these (and  
the like) Considera-  
tions, raise in me  
P an

66 *The Communicant*  
an *estimation* of  
Christ?

Do I esteem of  
Christs *Death* (the  
*Mystery* of the  
Lords Supper) of  
his being *crucified*,  
and *broken* for me?  
do I esteem it ac-  
cording to the *Love*  
*evidenced* in it; the  
*sufficiency* of it, the  
many

many inestimable  
*benefits* by it?

Do I esteem of  
the *Lords Supper* it  
*self*; and that (1)  
For the *Mysteries*  
in it, (*viz*) *Christs*  
*Death*, and all the  
*benefits* of it: (2)  
For the *Familiarity*  
of it; *Christ* stoop-  
ing to my *senses*,

P 2      that

68 *The Communicant*

that my faith might  
be lifted up to him :

(3) For the firm-  
ness of it ; surely sig-  
nifying, sealing, and  
exhibiting Christ  
crucified , and all  
his benefits to me ?  
And do these (and  
the like) considera-  
tions , raise up my  
thoughts, to an high  
esti-

*Instructed, &c.* 69

estimation of this  
Ordinance?

Do I render a-  
gain according to  
the benefit recei-  
ved, acknowledged,  
and esteemed?

Am I much in  
*Thanksgivings* for  
Christ, his Death;  
laying out my most  
endeared affections  
on

70 The Communicant  
on him; renewing  
my Repentance  
and Reformation  
upon this very ac-  
count; Living by  
Faith upon the pro-  
mises Christ hath  
ratified to me by  
his Death; perform-  
ing my Vows and  
Promises in becom-  
ing a Child of God,  
and



and walking worthy  
of the Gospel; li-  
ving *my* Baptism,  
&c. being ready to  
suffer for him, who  
so willingly suffered  
for me?

Do I render *such*  
praises, affections,  
reformation, life of  
faith, new obedi-  
ence, performance

Q of

72 *The Communicant  
of vows, &c. ?*



CHAP. IX.

*Of Inquiries to be made,  
touching present Fit-  
ness ( for the Lords  
Supper ) in respect of  
a due Appetite to this  
holy Feast.*

---

**H**AVE I a spiri-  
tual Appetite  
to

to this Heavenly  
banquet of the  
Lords Supper, and  
to *Christ* therein?

Do I *bunger* and  
*thirst* after *Christ*  
and his Righteous-  
ness?

Do I desire to be  
*often eating*?

Doth the *want*  
of this Ordinance  
often

74 *The Communicant*  
*often trouble me?*

Am I willing to  
be *at pains* to obtain  
this spiritual food;  
to *search* and *exa-*  
*mine* my self before-  
hand diligently?

Am I willing to  
be *at cost* to obtain  
this spiritual food;  
to *sell* all to *pur-*  
*chase* this *Pearle*;  
*Peniten-*

*Instructed, &c.* 75

*Penitentially to part  
with all (even my  
dearest corruptions)  
that I may be a  
welcome Guest at  
Christs Table?*

*Am I glad (when  
invited) of an oppor-  
tunity to come to this  
Feast, when the  
Sabbath and Sacra-  
ment comes?*

Do

76 *The Communicant*

Do I digest and  
concoct this spiritual  
food, and bold it  
fast; not disgorgeing  
the Sacrament, for-  
getting Christ, his  
Death; returning to  
my Lusts?

Do I finde streng-  
thening, refreshing,  
comfort by this  
spiritual food? is  
Grace

Grace *nourished* ;  
corruption *corrected* ;  
sin's pardon *evidenced* ;  
communion with Christ,  
and interest in the  
New Covenant  
farther *confirmed*  
*and cleared* ;  
spiritual strength *improved* for all heavenly  
services ?



CHAP. X

*Of Inquiries to be made  
in respect of Actual  
Communicating.*

---

**D**O I approach  
the Lords  
Table in an humble  
*sense of self-unwor-*  
*thiness,* rather then  
with



*Instructed, &c.* 79

with *uncharitable*  
*censoriousness* of o-  
*thers*?

Do I propound  
to my self *right ends*  
in communicating ;  
(*viz.*) the solemn  
setting forth of  
*Christs Death*; the  
spiritual nourish-  
ment, support, and  
strengthening of  
R 2 the

80 *The Communicant*  
the *inward man* ;  
and the *ratification*  
of the New Testa-  
ment, or Cove-  
nant ; to seal, and  
assure me of par-  
don ; for *confirma-  
tion* and *increase*  
of my communion  
with Christ, and  
him crucified ; the  
*improvement* of my  
com-

communion with  
Christs members?

Do I ( in the  
Act of communi-  
cating ) exercise  
*lively all those Sa-  
cramental Graces  
and Qualifications  
forementioned; viz:*  
Knowledge, Faith,  
Repentance, &c. ?  
do I put them  
forth

82 *The Communicant*  
forth into Act?

Do I act *Know-*  
*ledge*, so as to have  
a right apprehensi-  
on (1) *Of God*,  
with whom I have  
to do in this *Ordi-*  
*nance*: (2) *Of my*  
*self*, what my *spiri-*  
*tual state* is: (3) *Of*  
*Christ and his Death*,  
(the chief mysterie  
of

of this Supper: )

(4) *Of the New Covenant*, and *tenour* of it, which is sealed in this Sacrament: (5) *Of this Sacrament it self?*

Do I act *Faith*,  
in: *discerning*, and  
*tasting* spiritually  
Christs body and  
blood; in *assenting*  
S to

84 *The Communicant*  
to the truth of all  
the Promises of  
the Covenant; the  
truth of Christs  
Death, and benefits  
thereof; especially,  
in applying the Co-  
venant, and Pro-  
mises, Christ, his  
Love, Death, with  
the fruits of it  
particularly to my  
own

own soul; *as certainly*, as the *outward elements* are applied to my *body*?

Do I act *Repentance*? doth my *Heart melt*, is it *broken within me*, when I look upon my *Lords broken body*, and his *blood shed*,

*shed, and separated from it? do I then begin more and more to hate, and abominate my sins and corruptions?*

*Do I act New-obedience, and urge it more and more upon my self, from the consideration of Christ's obedience*  
(even



*Instructed, &c.* 87

(even unto death)  
here *represented*?  
Am I the more wil-  
ling to do what he  
*commands*, forbear  
what he *forbids*, and  
bear any thing he  
*inflicts*?

Do I act *Love*  
*sincerely* to Christ,  
and his Members,  
Person, Offices, Or-  
dinan

88 *The Communicant*

dinances, Image?  
Are my frozen  
affections *warmed*  
at the *fire* of his  
Love?

Do I act *Thank-*  
*fulness*, in offering  
my self (soul and  
body) as a *Sacrifice*  
to God?

Do I act a true  
*spiritual Appetite*?

Do

Do I improve  
my *corporal senses*  
(discerning the *outside* of the Lords  
Supper ) to help  
my *spiritual senses*  
and Graces to dis-  
cern the *inside* of it?  
do I fix my *senses*  
*stedfastly* upon the  
*Supper of the Lord,*  
till I have fixed my  
**T** Heart

90 *The Communicant*  
*Heart firmly upon*  
*the Lord of the*  
*Supper?*

Do I remember  
Christ and him cru-  
cified throughout  
the whole Action :  
First, *Historically*,  
remembering the  
*History* of Christ,  
and his Death, his  
Sorrows in the  
Garden,

Garden, in the  
High Priests Pa-  
lace, and Judge-  
ment-hall, and on  
Mount *Calvary* :  
Secondly, *Mysteri-*  
*ously*, remembering  
the *Mysterie* of  
Christ, and of his  
Death ; the *mysteri-*  
*ous causes* of it ; the  
*Meritorious* (*viz.*)

T 2      the

92 *The Communicant*

the sins of the **E**lect  
imputed to him ;  
the *Impulsive* ( or  
*inward moving* )  
cause ; ( *viz.* ) the  
free grace and Love  
of God and Christ  
to sinners : The  
*mysterious Effects* of  
it ; ( *viz.* ) the *be-*  
*nefits* of Christs  
Death ; especially  
Re-

Redemption, Re-  
conciliation, Ju-  
stification, Victo-  
ry over my spi-  
ritual enemies, En-  
trance into Heaven:  
Thirdly, *Energeti-  
cally*; do I remem-  
ber Christ and his  
Death, the History  
and Myserie of it,  
so as to work this  
re-

94 *The Communicant*

remembrance with  
energy, force, and  
efficacy upon my  
Heart; (*viz.*) so, as  
to admire the infi-  
nite *Wisdom*, *Ju-  
stice*, and *Love* of  
God; (his *Wisdom*,  
in contriving this  
strange way of sa-  
ving sinners; his  
*Justice*, that his  
Dear



Dear Son must suffer; his Love, in giving his beloved Son;) so, as to lament and hate those sinnes for which Christ suffered; so, as to resolve more effectually to resemble and conform to Christ and his Death; by dying  
V to

96 *The Communicant*  
to sin, and being  
*crucified* to the  
world; by *suffer-*  
*ing* with, and for  
Christ; or (at  
leastwise) being *re-*  
*solved*, and *prepared*  
so to do; so, as to  
*inflame* my Heart  
with *Love to Christ*  
*dying* for me; so, as  
to *comfort* my self  
in

in the *sufficiency* of  
Christs Death, and  
my Propriety in it;  
so, as to *provoke* my  
self to all *true* *thank-*  
*fulness* for Christ  
crucified?

Do I carefully  
*avoid* all *distracti-*  
*ons* throughout the  
whole *administra-*  
*tion*?



CHAP. XI.

*Of Inquiries to be made  
by each one, after they  
have received the  
L-rds Supper.*

---

**D**O I not rest  
in the work  
done; the bare act of  
re-

*Instructed, &c.* 99

receiving, without  
*right* receiving?

Do I *abandon* and  
*crucifie* all *sin* more  
then ever?

Do I *walk on* in  
the *strength* of this  
spiritual food from  
day to day, increa-  
sing in Grace and  
godliness? is my  
*Faith* more *strong*  
and

and lively , my  
Hope more full  
of expectation , my  
Love more ardent ;  
( if he hide his face  
by desertions ) do  
I not rest till I finde  
him ? do I bold him  
fast ; disturbe him not  
out of my Heart by  
my corruptions ?  
do I highly prize  
his

his presence, lament  
his absence, joyfully  
entertain his re-  
turn, open to him at  
every knock at the  
door of my Heart?

Do I delight my  
self in spiritual fel-  
lowship with the  
Members of Jesus  
Christ; loving, ca-  
ring for, sympathi-  
zing

102 *The Communicant*  
zing with them in  
Joyes, and Sor-  
rows; instructing,  
exhorting, admo-  
nishing, comfort-  
ing them?

Do I *cbear up*,  
and *comfort* my spi-  
rit against all my  
*discouragements, ten-*  
*tations, corruptions,*  
upon *consideration*  
of



*Instructed, &c.* 103

of the *Cordials* applied in the Lords Supper?

Do I long for new refreshments of my spirit, by renewed Sacraments?

---

X 2      Those

104 *The Communicant*



Those that would manage this duty of Self-Examination with success, must fervently and fiducially Pray to the Heart-discovering God: And whereas some weak Christians may want the gift of Enlarging themselves herein, it is conceived to be not much amiss to subjoyn this Form.

---

**O** *All-seeing God,*  
*that chargest*  
*the Angels with folly,*  
*in*

Instructed, &c. 105

in whose sight the ve-  
ry Heavens are im-  
pure; thine eyes run  
to and fro through the  
whole earth, behold-  
ing the evil and good;  
thine eye-lids try the  
children of men; thou  
searchest the Hearts  
and triest the Reins,  
and wilt bring every  
work into Judgement;  
my

106 The Communicant  
my particular Judge-  
ment doth hasten on  
apace, and the Great  
and General Assise  
is not far off; when  
the Trumpet shall  
sound, the Grave and  
Sea give up their  
dead, and All appear  
before the Great Tri-  
bunal: Then shall  
Judgement finde me

as

as Death leaves me;  
so that, if I die a  
stranger to the Cove-  
nant of Promise, I  
die without a well-  
grounded hope of fu-  
ture Happiness, and  
had better never have  
been born.

I desire to be clear-  
ly satisfied about my  
standing condition to-  
wards

108 The Communicant  
wards thee ; and be-  
cause the Heart is de-  
ceitful both in search-  
ing and judging, let  
the candle of the  
Lord be lighted and  
set up , that the In-  
ward parts of the bel-  
ly may be searched ;  
let thy word and spi-  
rit of truth and con-  
viction lead me to the  
Truth

Truth of my State;  
that I may know,  
what I was by Crea-  
tion, (in Adam)  
what I am both by  
Primitive Apostacy,  
and late and present  
Rebellion, and what  
I ought to be in all  
holy Conversation:  
O let the naked truth  
hereof appear, that I  
may

110 The Communicant  
may not be deceived  
in a matter of such  
everlasting conse-  
quence : Suffer me  
not carelessly to neg-  
lect, or slothfully to be  
weary of this work  
that must be done by  
me, or will be done  
for me suddenly ; let  
me so judge my self,  
that I may not be  
con-



Instructed, &c. 111

condemned with the  
World. This Heart-  
work is very difficult,  
I cannot compass it  
without Divine assist-  
ance, Lord, Help me,  
Lord, that I may re-  
ceive my sight; let  
me be better acquaint-  
ed with my self, the  
face and true com-  
plexion of my spiri-  
tual

112 The Communicant  
trial affairs, and let  
there be such a true  
representation, that  
no spots may remain  
undiscovered: I have  
brought my Heart to  
the Touch-stone, a  
Tryal I must under-  
go, I desire it Now,  
while there is a possi-  
bility of mending  
what is amiss: If I  
be

Instructed, &c. 113

be Dross, and no  
Gold of Grace appear  
in me, let me know it;  
and put me into what  
Furnace thou wilt, so  
I may be purified;  
and if there be any  
the least spark of this  
Gold Oar of Grace,  
though it be soiled  
with the rubbish of  
my Corruptions, yet

**Z**

let

114 The Communicant  
let it be so brightned,  
that I may know (by  
thy Heavenly badge)  
that Christ layes claim  
to me, because I wear  
his livery and cogni-  
sance; I must submit  
to thy infallible de-  
termination, Speak  
Lord and thy Ser-  
vant shall bear, yea  
let my Conscience act  
the

the part of an impartial Judge ; assist, prosper, accept me in this work, for Christ his sake. Amen.

---

A brief Improvement of the Substance of this Book, by way of Petition to God, not unfit to be used immediately after Examination.

**O** Thou that bearest Prayer, keepest Covenant,  
**Z** 2 and

116 The Communicant  
and knowest all thy  
Covenant-people by  
name ; clear up my  
actual interest there-  
in, that so my In-  
ward Right to the  
Lords Supper, yea to  
Christ and all his be-  
nefits, may be satisfy-  
ingly made known to  
me ; let me so know  
Thee, thy minde and  
will,

will, and let thy Law  
be so written in my  
Heart, thy Fear so  
implanted there, that  
both the forgiveness  
of my sins, and Cove-  
nant-relation to thee,  
and my actual Inte-  
rest in the Covenant  
of Grace may be suffi-  
ciently evidenced to  
me ; let me be so  
wholly

118 The Communicant  
wholly thine, that  
thou mayst say to me,  
thou art Mine, and  
nothing may be wan-  
ting to make up the  
blessed bargain be-  
tween us. Open mine  
eyes to see my need of  
Christ, his righteous-  
ness, grace, ordinan-  
ces, especially this  
nourishing, comfort-  
ing,



Instructed, &c. 119

ting, strengthening  
one; give me those  
Graces, whereby I  
may be Sacramental-  
ly qualified and pre-  
pared to meet Christ  
at his Table: Let  
me not be a stranger  
to Thee, my Self,  
Christ, the Covenant,  
the nature, use, ends  
of the Lords Supper;  
but

120 The Communicant

but give me a sanctified Knowledge of each; a saving Faith to discern and apply Christ with his benefits; a spirit of Sin-conviction and mourning; an Heart changed from the state and power of sin, that I may lead a life quite changed from the

Instructed, &c. 121

the acts of sin: Enable  
me to abound and perse-  
vere in conscientious,  
cheerful, and compleat  
Obedience; to love more  
and better thy Glory,  
Truth, Cause, Ordinances,  
Church and People, and  
that not in word and com-  
plement, but in Truth.  
Give me a thankful heart  
for Christ, his benefits,  
this Ordinance, let it pro-  
ceed from an high esteem  
of them, that my thanks-  
givings

122 The Communicant

givings and thanks-do-  
ings may be proportiona-  
ble. Quicken my Appetite  
to this Heavenly Feast,  
Lord, I hunger, I thirst,  
nothing will satisfie but  
Christ and his righteous-  
ness; This is a filling  
Ordinance, dont let me re-  
turn empty from it; Give  
me an humble sense of  
Self-unworthiness, help  
me to propound right  
Ends, to exercise each  
Sacramental Grace, to  
avoid

avoid distractions in managing it. Let there be This Holy Issue, both of my Preparation to it, and Participation of it; that Sin's Power may be subdued, Guilt removed, Pardon ratified, spiritual strength encreased; that my Faith may be more strong, Hope more full of expectation, Love more ardent; that I may Hear the Word more attentively, Pray more fervently,  
keep

124 The Communic. &c.

keep Sabbaths more exactly, Watch more diligently, Live up to my solemn Sacramental profession and engagement; And let the experimental tast of that sweet Fellowship I hope to have with Christ at his Table, make me long for a more immediate fruition of him in Glory face to face. Amen; Amen.

FINIS.